



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCIPLINE DEDICATION DESIRE

Karate PORTAGE TOWNSHIP YMCA

Karate is a great exercise. It focuses on building character, developing concentration & listening skills, learning respect for oneself and others, improves self-esteem.....and it's fun!

Ages 4-ADULT

KARATE PROGRAM PER 7 WEEKS

Monday & Wednesday

6:00-6:50pm | 5-11 years BEGINNER
\$35 YMCA Member • \$85 Non-Member

7:00-8:00pm | 12+ years ALL RANKS
\$40 YMCA Member • \$90 Non-Member

Begins April 15th

Registration March 11 - April 7

- Under the guidance of Master Don Pavy, who is a 1st Degree Black Belt in Shuri Ryu, a 4th Degree Black Belt in Ryu-Kyu Kempo, as well as Purple Belt in Small Circle Jujitsu and Sensei Austin Pavy, who is also a 1st Degree Black Belt in Ryu-Kyu Kempo.
- Together they bring over 18 years of experience to this program.



PORTAGE TOWNSHIP YMCA
3100 Willowcreek Rd., Portage, IN 46368
P 219 762 9622 F 219 762 2012 www.ymcaofportage.org